## Step Up For The Arc

2014

# 5K Run/Walk
## Saturday, October 11
## Oak Ridge Park, Clark

**9:00 a.m. 5K Run/Walk**

**Rain or Shine**

Register online at
www.firstgiving.com/arc-union or mail your completed registration form with check made out to:

**The Arc of Union County**
**70 Diamond Road**
**Springfield, NJ 07081**
**Attn: Justine De Meola**
**Postmarked by September 12, 2014**

**Questions?**
**Please call Trish Felix at**
**973-315-0020 or pfelix@arcunion.org**

**OUR MISSION STATEMENT**:
The Arc of Union County, Inc. is a non-profit, non-sectarian 501 ( c) (3) organization dedicated to enriching the lives of individuals with intellectual and developmental disabilities and to assist and support their families. This organization will utilize all its resources to ensure our individuals, their families and all people with intellectual and developmental disabilities associated with our organization realize a full, productive and enhanced life.

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**ENTRY FEES for 5K RUN** :
**$20** postmarked on or before 9/12
**$25** after 9/12 thru to and including day of event
**$10** (ages 9 to 12) postmarked on or before 9/12
**$15** (ages 9 to 12) after 9/12 thru to and including day of event.
**Age 8 and under free**

Registration fees are non-refundable.
Pre-Register by mail, on-line (www.firstgiving.com) or register in person on the day of the race. Early registration is encouraged.

**PRE-RACE RUN/WALK PACKET PICK-UP:** For your convenience, your numbers, chips and shirts can be picked up at The Arc of Union County, 70 Diamond Rd, Springfield, on October 9 & 10 between the hours of 10 am til 7 pm each day.

**RUN/WALK CHECK-IN:** 7:45 - 8:45 Participants who haven't picked up their packets must check in on the day of the race at Oak Ridge Park in Clark. 5K race begins at 9 a.m.

**T-SHIRTS:** T-Shirts will be provided at packet pick up or on race day to all participants who pre-register by Sept. 12th. T-Shirts will be available on race day as inventory is available.

**COURSE:** 5K is entirely done in beautiful Oak Ridge Park on paved paths with water stops.

**AWARDS:** Top Male and Top Female finisher; age group winners

**HELP FUNDRAISE FOR THE ARC OF UNION COUNTY:**

Create a Team fundraising page for free at www.firstgiving.com/arc-union. Register your team by Sept. 12, and be entered into a drawing for a $50 Visa Gift Card!!

Come Run or Walk with us the day of the Event!

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**REGISTRATION FORM**

Each 5K Run/Walk participant must complete and return a separate registration form or register online. Early registration is encouraged. Registration fees are non-refundable.

**RUNNER/WALKER TYPE (circle one):**
**Runner/Walker**       **Runner/Walker**       **8**
    (13 +)                     (9-12)              and under

**T-SHIRT SIZE (circle one):**
**Adult: SM  M  LG  XL**       **Youth: YS  YM  YL**

**ALL FIELDS REQUIRED**:

Name: _____

Address: _____

City: _____Gender: M  F

State: _____Zip: _____Age on day of event _____

Phone: (___)_____

Email: _____

Release and Waiver of Liability: I, the undersigned, in consideration of the opportunity to participate in and the acceptance of my entry in this event, intending to be legally bound, do hereby, on behalf of myself, my heirs, my legal and personal representatives, release, waive, and forever discharge any and all claims for injuries and damages to my person or property, including any and all claims for such injuries and damages resulting from negligent acts or conduct, and including any and all causes of action relating thereto, which I might have or shall ever have against The Arc of Union County and its volunteers, its affiliates, its representatives, and its successors assisting The Arc of Union County in so far as such actions relate to the execution and performance related to this event, specifically the 5K run/walk. I further state that I have sufficiently trained for and that I am in proper physical condition to participate in this event. In addition, I further grant authorization for the free use of my name and likeness together with any and all photographs, videotapes, digital media of any sort or nature, motion pictures, recordings, or any other record or transcription of my participation in this event, including, but not limited to, advertisements, publicity, or any other media accounts pertaining to this event.

Signature:

_____
(Parents Signature if under 18)                    Date